

# iDOMNATE

Speakers Magazine

NOVEMBER 2022

**DR. WILL MORELAND**

**20 YEARS OF GENIUS**

*Eating*  
**TO LIVE**

**IMMIGRANTS AS AGENTS  
OF CULTURAL DIVERSITY**

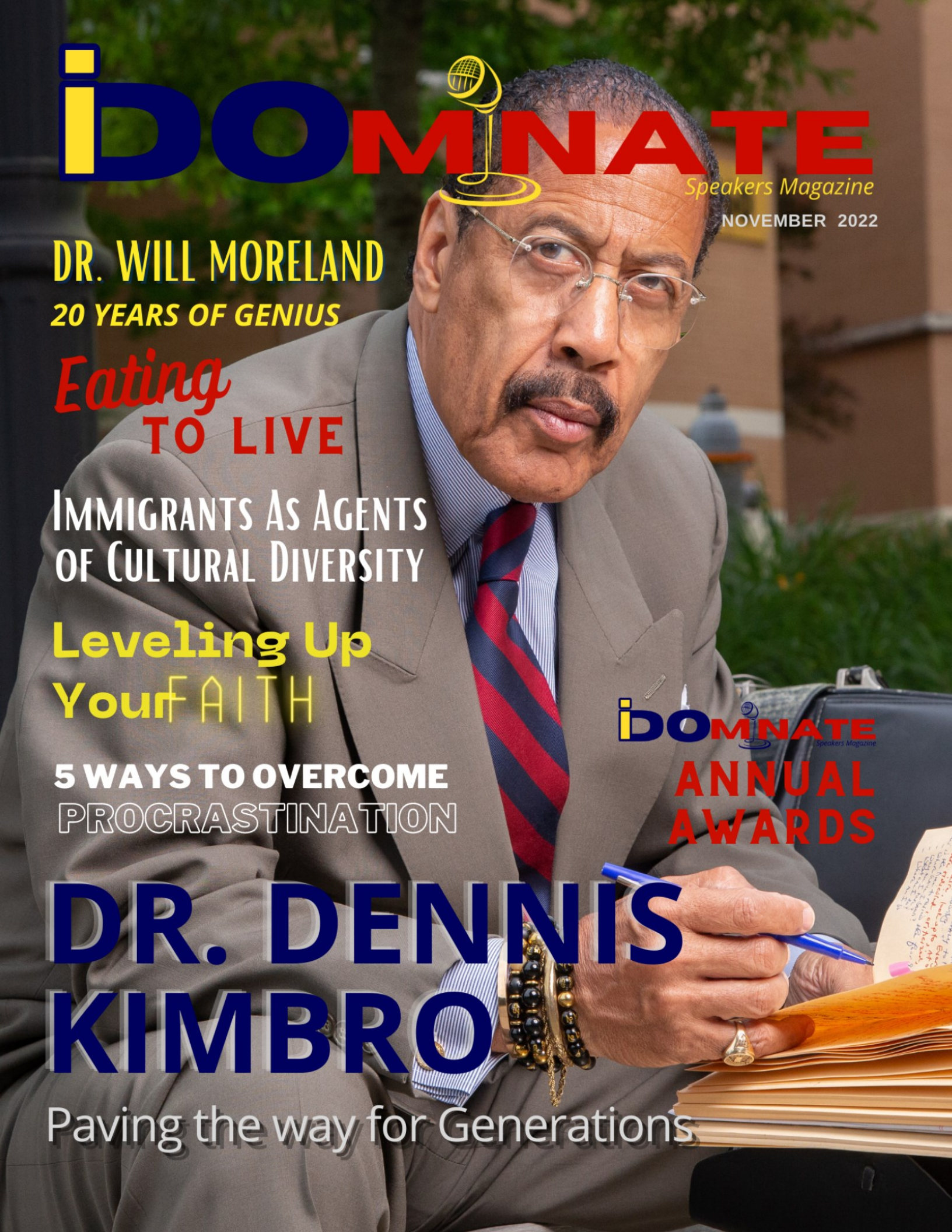
**Leveling Up  
Your FAITH**

**5 WAYS TO OVERCOME  
PROCRASTINATION**

**DR. DENNIS  
KIMBRO**

**Paving the way for Generations**

**iDOMNATE**  
Speakers Magazine  
**ANNUAL  
AWARDS**



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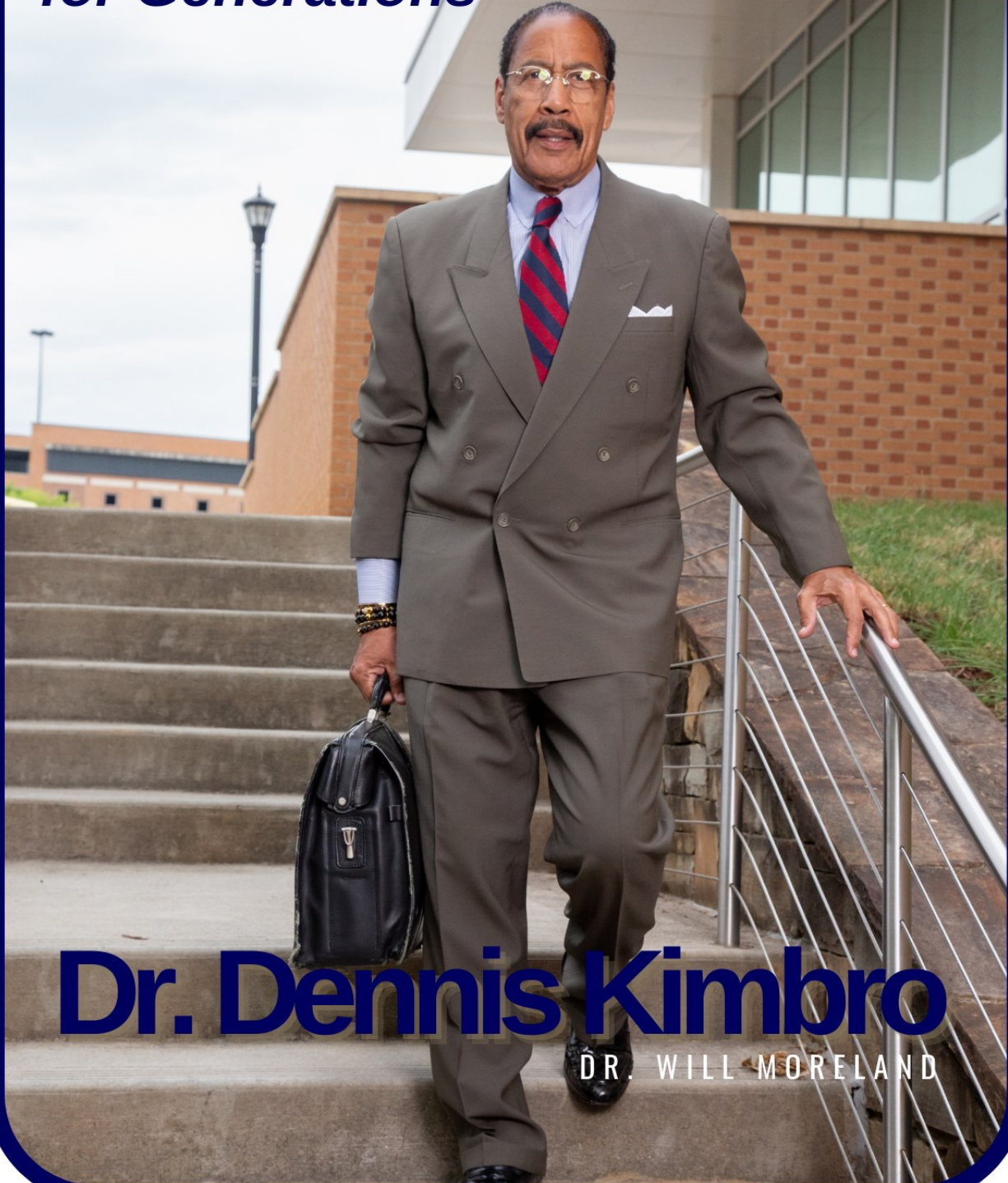
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*Leading the Way  
for Generations*



**Dr. Dennis Kimbro**

DR. WILL MORELAND

## Dr. Dennis Kimbro: *Leading the Way for Generations*



Sometimes I have to sit back and pinch myself to see if I'm dreaming. That certainly was the case when I had the opportunity to interview a legend, my mentor, and my friend the incomparable Dr. Dennis Kimbro.

If you have followed me for any amount of time, you know the impact Dr. Kimbro has had on me. I was introduced to Dr. Kimbro in 1997 when a college classmate, Mrs. Copeland gifted me his book, "Daily Motivations for African-American Success."

Mrs. Copeland wrote these words "The good thing about this book, is you can read it over each year and there's lots of good advice."

Mrs. Copeland was spot on, and I have taken her advice to read it each year along with all the other amazing books written by Dr. Kimbro.

To be able to feature Dr. Kimbro in our magazine is a full-circle moment for me. I know you will enjoy the insights he shares.

### **Dr. Will Moreland:**

Dr. K, what's good my friend, I'm excited to share this time with you and introduce you to our global audience that may not have heard about you and share you with your fans around the world via our magazine.

### **Dr. Dennis Kimbro:**

Dr. Will, I am doing fine, better than I deserve, as I shared with you, I just drove home from class, and dropped my briefcase down, there it is behind me. I'm in my study right now. And I'm coming up for air and just relaxing man, it's good to connect with you.

### **DW:**

I'm excited, you are going to be on the cover of our magazine to close out the year. I'm tremendously excited to have you because of the value and consistency you bring.

In this interview, I want to lay down a foundation for anybody who's reading this article that wants to achieve success and desires to build generational wealth. I want for those in my audience who don't already know, to learn the Dr. Dennis Kimbro story, so if you could take us back to the beginning. How did you get the opportunity to write "Think and Grow Rich a Black Choice?"

### **DK:**

By a thin thread. If you've seen my videos, you know the story that I just came home

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# **AWARD RECIPIENTS**

Congratulations to the following individuals for their Genius Contributions to their communities and the world.

**Implementer of the year**

**Go Getter of the year**

**Social Media Influencer of the year**

**Speaker of the year**

**Author of the year**

**Consultant of the year**

**Podcaster of the year**

**Encourager of the year**

**Coach of the year**

**Trailblazer of the year**

**Willie Johnson**

**Wendy Talley**

**Daniel Truelove Jr.**

**Caden Harris**

**Dr. Mary Wanjiku Gichuhi**

**Dr. Michelle Sturgis**

**Alex Molden**

**Sabrina Fisher Reece**

**Dr. Sean J. Harris**

**Kama Thomas**

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# Speaker of the Year

## Caden Harris





## 2022 AWARD RECIPIENT

*Caden Harris*



**SPEAKER OF THE YEAR**, is awarded to the Genius Speaker who has utilized the Academy tools to gain momentum in their speaker business and found creative ways to develop brand recognition and get bookings.



# Eating TO LIVE

You know the question, are we living to eat or eating to live? Well, I'm choosing to eat to live. We all know that it's necessary to eat or "feed our bodies" to provide the proper energy and nutrients to our organisms to survive, that's "eating to live" that's it, nothing more, nothing less. "Living to eat" in a nutshell is stating that your sole purpose in life is to eat and this option leads to having unhealthy eating habits.

Now here's where it gets tricky. The whole living to eat comes into play when we encounter food that tastes "OH SO GOOD"! You know that moment when you indulge in your guilty pleasure, your favorite piece of chocolate,



that fried chicken leg that you know you're not supposed to have



or that box of donuts that you placed in your grocery cart despite knowing that you just left



left the doctor's office, and that pre-diabetic diagnosis was presented to you (Tisk-Tisk). OR you'll hear people say it's cheaper to eat out, i.e., those \$3 & \$5 "value meals" which if you're only feeding yourself, could be true. But is it really, when you're consuming 2 - 3 times your daily dietary intake in one sitting? Technically you're paying a much higher price by paying with your health.

As we continue to be enlightened that healthy food can also taste good and with the help of the internet or an awesome cookbook, we now have more ways to prepare our meals. You can still have your meats/proteins that are full of flavor but now instead of good ol' fashioned fried chicken, you season your chicken with some natural herbs and spices, and not only can you bake it, but you can now air-fry it. You still have that 'yard bird' that you wanted but it's so tender and juicy and, wait for it...HEALTHY!

Now let's take it a step further. While eating to live, you can start to eat healthy and help prevent so many underlying health conditions which in turn will result in a healthier you and a healthier lifestyle. Studies have shown that when we eat healthier, we can eliminate conditions such

# Immigrants as Agents of Cultural Diversity



DR. MARY WANJIKU GICHUHI

Whether by choice or necessity, people and places have interconnected now more than ever before. These interconnections have been greatly shaped by the different cultures and how they are understood and made use of. When cultural narratives are not misused, there is great potential for culture to empower migrants and build bridges within diverse societies.

## Immigrants and Cultural Expansion

Immigrants change the societal cultures for the better by introducing new ideas, customs, expertise, cuisines, and arts. They do not erase the withstanding culture, but they expand it. Immigrants are able to disseminate their value.

and norms to natives in receiving countries.

## Immigrants and economic boost

Through entrepreneurship and hard work, immigrants improve local and national economies. They complement the work of native citizens and increase overall productivity. In totality immigrants boost wages, expand the economy, and have entrepreneurial mentality than average natives. Many immigrants take up low wage labor jobs while still undocumented and this would otherwise go unfilled.

## Immigrants and government funding

Through economy expansion and tax

payments, immigrants fund government projects like building infrastructure, social security, improvement of schools and modernizing systems such as water. Immigrants are less likely to survive on welfare than average natives would do. This tax contributions help establish a robust tax base which means that mass-deporting immigrants or prevention of new migrants from coming would have a detrimental effect on the economy.

## Immigrants and global connectivity

As people share cultures, engage in international commerce, and build relationships with people from different parts of the world, the global